Will Be Released for

Food

MANUFACTURE OF

omes effective.

drinks

ng quantities.

determining the exact amount.

Of the 100,000,000 bushels of grain, or

eries each year, about 40 per cent, ex-

hol of exactly the same characteristics as

at the time it usually starts on a large

Stopping whiskey manufacture, in

accumulated in the bonded warehouses

and on the shelves of wholesale and re-

tail liquor dealers. Approximately 190,

600,000 gallons are in warehouses and

cohol for commercial purposes with lit

There are approximately 700 distiller-

lants mounts high into the millions.

Officials here believe that losses will be

more than wiped out by the greatly

profits which will more than compensate

At the same time the plants will con-

per cent production basis, making com-

pated, which in time may result in the

as large as the present output for all

45,000 CABBAGES.

Brattleboro, Sept. 8 .- Travelers com

ing here by way of Hinsdale, N. H., which is across the Connecticut river

from this town, report the unusual sight

of a field of five acres of cabbage con-

taining 45,000 cabbage plants nearing maturity. This field is owned by Joseph

Zarotny and is the largest cabbage field

ever grown in this locality so far as

all the work that has been done in

the field, with the exception of feed-

rotny received five cents a head.

ing the plants into the machines, has

that rate his present field would yield

\$2,250, but he expects to be paid a higher

Always a Dangerous Trick.

Mrs. Brown (as husband enters)-

Flipp-There's your husband coming

en done by horses and farm machinery

The plants were set by machinery and

present residents recall.

price for this year's crop.

present income from this source.

The remainder, made into alco-

DISTILLERIES

A Brave Man Under a Cloud

By WARREN MILLER

A large amount of silver plate and fewelry had been taken by burglars Planned to Hamper Govt. in from a rich man's house. The burglars escaped without being seen. The police got busy and tracked some of the plunder to a pawnshop. The pawnbroker declared that it had been brought in by a respectable looking IN CARRYING man who represented himself as a man of business who had been well to do and had met reverses. The pawnbroker was suspicious of him, but be told so straight a story that the pawn. Motive Was to Be the Cripbroker was finally convinced and bought several hundred dollars' worth of articles from him. The next day the purchased goods were identified as having been stolen.

That is as far as the police got in the matter till one day the pawnbroker and disclosures made to officials here in met a man on the street who resem- connection with the seizure Wednesday bled the broken down merchant who of I. W. W. documents throughout the followed the suspect and on coming to country indicate, it was said to-day, that a policeman turned him over. The there has existed for sometime a nacaptive showed a great deal of indig- tion-wide conspiracy to hamper the govnation at his arrest and threatened the ernment in almost every conceivable way pawnbroker with suit for damages as in carrying on the war soon as he had been acquitted. He as Patrick Dugan and was a native of Ireland.

When the trial came off the prisoner or, rather, the sale of the plunder to entry in his cash book of the payment classifying the material. for the goods he had purchased was named. He thought he was at sea, but was not sure. Asked if he kept no record that would prove his case, he said that he didn't even know how to

accuser's statement that he had palmed himself off as a merchant in reduced circumstances and gained sympathy from the jury. Even the prosecuting attorney tried to help the poor man to get evidence to prove his alibi.

"If the captain of the Mark Hutchins was here," said the prisoner, "he could tell where I was on that day, for all that summer I was sartin with him." "Where is the party?" asked the prisoner's counsel.

"He was here for two weeks till yesterday. I seen him in the street and tried to speak to him, but I lost him in the crowd. I seen by the pa-

when the tide served." me that an old messmate, Pat Dugan, was to be tried today for sellin' stolen goods. Dugan was a good man, and I thought I'd come round and see if the man bein' tried was him. But that

feller isn't Pat Dugan. He's a fraud." "Cap'n." cried the prisoner, almost in tears, "don't say that. I'm Pat Dugan sure enough. I've cut' my beard since you saw me. Don't you remember that night when we was roundin' lowered?"

"Are you the man that went out on the bowsprit at the risk of slidin' overboard and lowered that fib?"

"Why, sartin, cap'n. Don't go back on me now. I stood by you and the crew that awful night." "I reckon you did stand by me. That

was the bravest deed in my reckonin'. was nothin' but slippery ice to hold on to."

"Let the witness take the stand," said the attorney for the defense. The captain having been sworn, the lawyer proceeded to question him. "Was the prisoner a member of your

crew in the summer of 19-7" "He was."

"Where was your ship on the 15th

of August of that year?"

"Well, now, if you'd asked me where I was on the 1st of that month or the shall remain the first church of France last of it I couldn't have told you without lookin' over the log. But I can wats to murder us and take the ship world. All such proposals are imposbefore the tide rose and let us off. Pat sible. Dugan there suggested that we fight 'em with hot steam from the boilers. He took one hose and I the other. We beat 'em off, and if it hadn't been for Par's suggestion we'd have all been

The prisoner was the center of the tators. He bore his honors modestly. 13d no one would have taken him for to celebrate it myself for the first time. a hero had it not been for the witness' story. The jury acquitted him without leaving their seats.

heaved overboard as dead men."

A few days later a policeman, who had been on duty in court at the trial. saw the captain of the Mark Hutchins and the man for whom he had proved an alibi getting into an automobile. The policeman had seen the owner get out of it and, suspecting that something was wrong, stopped them. They were tried for attempted theft and sent up for a term of years. They were both old crooks.

Who Will Claim Them?

The following is a list of the letters advertised at the Barre postoffice for the

week ending Sept. 7: Men-H. P. Baldwin, Alfred W. Cole, Arthur Gregware, A. W. Hutchinson, Spinelli Bros., R. L. Mills, Antonio Miniro,

Lauri Siren, Waller Bros. Women-Miss Dora Bruin, Vera A.

I. W. W. RAIDS MAY DISCLOSE CONSPIRACY

Almost Every Conceivable Way

ON THE WAR

pling of Government Activities

Washington, D. C., Sept. 8.-Reports

Opposition to the draft law, the burn said that he was not a merchant and ing of crops, some of the so-called labor had never been a merchant. He was disturbances and attempts to curtail pro a seafaring man and had been ashore duction in war industries, the reports only a few weeks. He gave his name indicate, were all a part of the same al leged conspiracy, whose prime motive was thought to be the crippling of gov ernment activities in every way possi claimed that on the date of the theft and naval operations. Reports as to evidence found and papers seized in these the pawnbroker he was not in America raids poured in upon the department to at all. The prosecuting attorney asked day, and for several days it is expected him where he was at that time. Be that the bureau of investigations and fore replying he asked the date and other branches of the department enwas reminded that the pawnbroker's gaged in espionage detection will be busy

Thus far, it is said, the department Aug. 15. The prisoner scratched his of justice has not been able to find any head thoughtfully, but could not re. direct evidence of German money or member where he was on the date German agents. This fact, however, has not deterred the department's agents from following up rumors that large numbers of Austrians are active in the propaganda. Should these rumors prove well founded it is probable that the gov-

many that have developed to emphasize a United States livestock industries com- tinue to operate in part for the manuthe embarrassment which this government experiences by reason of the fact Houston and Herbert C. Hoover, the food wine. that it is not at war with Germany's administrator, to study a plan for removallies. Diplomatic relations with Austria and Turkey have been severed, to be hogs from the West to feeding grounds with the exception of the fruit brandy now. sure, but in any situation short of a in the South and East. state of war the attitude of this government toward these countries is a difficult given attention even if war had not brokone. On the other hand not even dip-lomatic relations have been severed with ference. The number of animals has de-

Bulgaria, and this fact, with the added creased steadily the last decade, he said, Bulgaria, and this fact, with the added circumstances that Stephon Panaretoff, while the population of the United at this season of the year, is largely the Bulgarian minister, is free to move States was growing rapidly. pers that his ship was to sail last night | the Bulgarian minister, is free to move | States was growing rapidly. then the tide served."

"What's that yer sayin'?" said one of able comment in entente diplomatic quar lem is intensely intensified," said Mr. the spectators. "I'm cap'n of the Mark ters. Several diplomats, it is stated. Houston. "From all indications we can get it is clear that the decrease in food Stopping whiskey manufacture. Hutchins, and I haven't sailed neither. stand ready to discuss with the state animals abroad can be measured only standing the government. I sail tomorrow. One o' my crew told department the possibility of information of a millions. The livestock enues will increase them for the next military character getting to tion of a, Germany through the Bulgarian legation.

THE RHEIMS CATHEDRAL

Shall It Be Restored or Transformed Into a National Memorial?

Associated Press). Suggestions are be- rains or unless the cattle are removed to ing publicly advanced as to the destiny other parts of the country to be fed. of Rheims cathedral. Discussion centers Cape Cod with the wind blowin' a gale on whether it should be restored as a out o' the north and fo'castle covered cathedral, transformed into some sort of with ice and the main jib had to be a national memorial dedicated to those who have lost their lives in the war, or left as a monument to Teutonic barbar ism. The question cannot be definitely decided perhaps until the German gun have been driven from Fort Brimont and the final condition of the historic fane, after so many months of bombardment, can be ascertained.

Meanwhile Cardinal Lucon, archbishop of Rheims, who has remained beside his It was purty nigh sure death. There beloved cathedral throughout the bombardment, is firmly determined that Rheims shall always have its temple. We shall repair the cathedral," he has "It must be so. We have casts of its statues, and colored photographs of its glass. Our architect, at risk of his life, is working under the damaged arches

to save what can be saved. "The day will come when the doors will again be opened for religious services, for I hold fast to one thing above all, that the cathedral where the first Christian king of France was christened "I protest with all my energy, and I shall never cease protesting, against any out lookin' over the log. But I can project that seeks to make Rheims can never forget the middle of that month thedral into some kind of a museum or of that year. We run aground on the metropolis. Those who have such ideas coast of Africa and couldn't get off. A do not consider what Rheims is for the party of cutthroat niggers came off in church, for France, and for the whole

"With one suggestion only, that has been made, can I associate myself with all my heart. Let there be every year a solemn celebration in the cathedral which has suffered so from German rage, in memory of those who have died for the safety of the country and the freedom of the world. The whole Catholic world admiring vision of the court and spec- would join to found such a perpetual mass, and I hope that God will spare me

Didn't See It Go.

"Miserly went to the dentist and had a

ooth extracted." "How could be spend the money?" "It would have broken his heart, only he made the dentist promise to take the dellar from his pocket before he came to."-Boston Transcript.



MARVELLOUS FRUIT JUICE MEDICINE

"Fruit-a-t'res" Is Made From The Juices Of Apples, Oranges, Figs And Prunes; With Tonics.

WONDERFUL RECORD OF A WONDERFUL REMEDY

Thousands Of Sufferers In England And Canada Owe Their Recovery To "Fruit-a-tives".

"Fruit-a-tives" is now made in the United States. This will be welcome news to thousands of people who have been sending to Canada for their supply of these famous tablets, which are made from the juices of apples.

oranges, figs and prunes.
So great has been the demand for "Fruit-a-tives" from all parts of the United States, that the proprietors deemed it wise to establish a branch right in this country. right in this country.
Offices and fruit tablet works are in

active operation at Ogdensburg, New York from which point druggists and general stores are being supplied. "PRUIT-A-TIVES" is the only medicine in the world made from fruit

juices. An English physician in Ottawa discovered a process whereby fruit juices may be combined in such a way that the natural medicinal properties of fruits are many times increased. "Fruit-a-tives" has many times

proved its value in cases of Stomach, Liver and Kidney Trouble—in Rheu-matism, Headaches, and Neuralgia in Dyspepsia and Constipation - in Nervousness, general weakness and Skin Diseases. "Fruit-a-tives" is sold by dealers

at 50c. a box, 6 for \$2.50, trial size, 25c. or sent postpaid on receipt of price by Fruit-a-tives Limited, Ogdensburg, New York.

MEAT FAMINE PREDICTED

Early Depletion of Country's Supply of Food Animals Feared

of the possibility of such action provoking Austria to a declaration of war.

The present situation is but one of Talsers, called by the food administration and the department of agriculture to consider the situation. Most of those attending the meeting were members of the present situation is but one of agriculture to consider the situation. Most of those attending the meeting were members of the possibility of such action provoking Austria to a declaration of war.

The present situation is but one of agriculture to consider the situation. Most of those attending the meeting were members of the present situation is but one of agriculture to consider the situation. The present situation is but one of agriculture to consider the situation. The present situation is but one of agriculture to consider the situation. The present situation is but one of agriculture to consider the situation and the department of agriculture to consider the situation. The present situation is but one of agriculture to consider the situation and the department of agriculture to consider the situation. The present situation is but one of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the department of agriculture to consider the situation and the situation and the situation an

The mest supply would have had to be

men of this country have an enormous two years, officials believe. Coupled with problem to solve. You are going to be the operation of the pending revenue bill, called on to supply increasingly large the withdrawal of whiskey from the quantities of meat products to Europe stock already accumulated will probably and also breeding animals.

It was brought out at the meeting that there are about 3,000,000 head of cattle of \$1.10 and the revenue bill contemin Texas which will have to be thrown Paris, Sept. 7 (Correspondence of the upon the market unless there are early of approximately 230,000,000 gallons has

PARLOR CAR MAIDS, NOW.

And Men Passengers Have to Swing Their collect taxes as it is withdrawn. Own Grips.

Cleveland, O., Sept. 8.—Girls getting now running will continue to produce al the same pay as the men whose places they took are taking care of the Wheeling & Lake Erie parlor cars. They are class of alcohol with the exception of al employed as chefs, waitresses and "parlor maids"-not porters. One result is that mere man shakes the dust off his own coat and carries his own grip.

"We help the women first," said a par "The men can take care of lor maid. themselves better."

Canning the Kaiser.

London-The newspapers declare today that the American soldiers and marines have already found a slogan, which is "Can the kaiser?" The British are much puzzled by the ability of the Americans to invent new slang and the papers explain that the word "can" is used in the sense of hermetically sealing the kaiser to prevent his further activity.

(Tune: "Marching Through Georgia.") Bring the good old bugle, boys, we'll sing another song. Sing it with a spirit that will move the world along,

Sing it as we need to sing it, half a million strong-While we are canning the kaiser.

Oh, Bill! Oh, Bill! We're on the job to-day! Oh, Bill We'll seal you so In One Field of Five Acres Near Brattle-

you'll stay. We'll put you up in ginger in the good old Yankee way-While we are canning the kaiser.

Hear the song we're singing on the shining roads of France, Hear the Tommies cheering, and see the Poilus prance; Africanders and Kanucks and Scots without their pants-

Bring the guns from Bethlehem, by way of old New York, Bring the beans from Boston and don't forget the pork; From a smaller field last year Mr. Za Bring a load of soda-pop and pull the

While we are canning the kaiser.

grapejuice cork While we are canning the kaiser.

Come, you men from Dixieland, you lumberjacks from Maine; ome, you Texas cowboys and you farm ers of the plain; now, Mrs. Brown. Let's play a joke on him. Mrs. Flipp and I will hide behind the screen and you tell him we haven't From Florida to Oregon, we boast the Yankee strain-While we are canning the kaiser.

arrived. Then we'll pop out and sur Now we've started on the job, we mean prise him. to put it through: Ship the kings and kaisers, all, and make the world answ: Clear the way for common folk, for men

While we are canning the kaiser.

Well, John, our expected guests haven't arrived-Mr. and Mrs. Flipp haven't Brown (fervently)-Thank heavens. Boston Transcript.

REORGANIZATION OF GERMAN AERIAL FORCES **CLOSE TO-NIGHT**

ture Will Increase the Govt. The reorganization of the German aerial forces has taken the form of cre-Revenue in Coming 2 Years the fliers are now placed, roughly as

Washington, Sept. 8.—Manufacture of whiskey will cease throughout the nation at 11 o'clock to-night, when the prohibitive clause of the food control act be-Millions of bushels of grain which would otherwise be ground up for whiskey will thus be released for food. How many millions no one knows, for the nanufacture of alcohol for beverage puracter of the work they are to do. poses is so closely blended with the pro-duction of alcohol for industrial and me-

Recently captured prisoners say that recently constructed biplane of the dicinal purposes that there is no way of Albatross type is vastly superior to anything heretofore used by these squadrillas. It is equipped with a 260 horse-power motor and attains a speed of from 100 to 115 miles an hour. It can rise to an altitude of more than 2,000 thereabouts, which goes into the distilperts estimate, comes out in the form of whiskey and other distilled beverage vards in nine minutes, and carries two machine guns. The machines travel in groups of six or eight, according to the position and needs of the army to which they are attached.

bread making adds about as much protein two cups of white nour. Or you can use tein to one pound of bread as there is one cup of corn meal and one cup of they are attached.

bread making adds about as much protein two cups of white nour. Or you can use tein to one pound of bread as there is one cup of corn meal and one cup of the cups of the corn meal and one cup of the cups of the that used for whiskey eventually finds ts way into perfumes, toilet waters, bay

um, medicines and to industries, where denatured alcohol is used in ever increas-Approximately 116,000,000 gallons of rhiskey is produced each year by Amer- These generally remain within the sector can distilleries. Production of alcohol of the armies to which they are attached by the same distilleries for commercial and are used in general for reconnais-and medicinal uses other than beverages sances, photographing trenches, batteries

manufacture of alcohol for the latter manufacture of alcohol for the latter 3.—Hunting squadrillas, as there are purposes will continue as usual, probably about forty of these squadrillas, with in greater volume, and few of the larger about a dozen machines to each. Othdistilleries, if any, will have to shut ers in the same category have as their duty the protection of the large German The class of distilleries which will be cities that lie within airplane flight of out out of business is composed almost the French and English, such as Stras-Washington, Sept. 8.—Early depletion wholly of small plants operated by from burg. Freiburg, Mulhouse, Friedrichshafof the country's supply of meat animals one man to half a dozen men, located in en. Stuttgart, Essen, Cologne and Treves, unless measures are taken to stimulate California, Ohio and New Jersey and pro- The pilots of these squadrillas are careernment will undertake to interne all production was predicted recently by ducing brandy from grapes, apples and fully chosen from among the best of the suspected aliens, just as it has done speakers before a conference of livestock peaches. These produce approximately German aviators and their exploits are ducing brandy from grapes, apples and fully chosen from among the best of the with regard to German aliens, regardless raisers, called by the food administration 2,000,000 gallons a year. Those in New encouraged by frequent mention in the

4.—Battle squadrillas or "flotillas" are fornia plants, it is thought, will conunder the direction of great headquar ters, and shift from army to army to tablishments behind the front, as well as ever and again upon open towns. There are three of these squadrillas

plants, producing whiskey at the present ime. Summer is the off season for whiskey production, which is confined aimost the aerial service. Squadrillas one and wholly to the winter months, the early two are generally transported by train spring and the late fall. The cessation from place to place, wherever they are of active whiskey production, therefore,

There are from forty to fifty machines in each squadrilla, which when complete and ready for action is divided into four will prevent the manufacture of whiskey or five sections. Each airplane is armed apiece. Some are said to carry that weigh more than 200 pounds

weapons. The 77-millimeter guns have an insurance expert, to figure when you should be sifted together twice and then given way to rapid-firing guns of 105 will die. treble the revenues within the next 12 milimeter calibre, and at certain points months, as the present law imposes a tax along the front they use shrapnel guns Not you personally, but you as an averof 240-millimeter size. plates a tax of \$3.20 a gallon. A stock

They possess special bullets for the destruction of captive balloons, but in presented to the life insurance presidents many instances have used them with at their recent convention. great cruelty against opponents in airplanes. At least one squadrilla captain, a Lieutenant Eilers, finally forbade his not have). men to carry these bullets with them unless they were definitely charged with of American people is 43.

by the operation of the law. Distilleries The Germans, it is said, are constanty putting new types of machines into the field. The famous Taube went out attention tle change in their forces. Upon this of style long ago, and it has now been followed by the even more famous Fok- arteries, kidneys, nerves and digestioncohol for denaturization, the revenue bill ker, which less than a year ago was as the rapidly increasing death rate considered the last and final word in shows. would impose a tax of \$2.20, doubling the attacking airplanes. Its inventor, a Dutchman, is now said to be devoting troubles if you would go to a doctor ies in the country, of which more than himself to the perfection of a machine for an occasional examination. half are small fruit brandy plants. The with a 260 horse-power motor, which amount of capital invested in the latter will break all records for speed and ef- due to lack of exercise or a bad heart.

class is not great in the aggregate. The ficiency capital invested in the big producing To-day the Rumpler seems to be the tually all soft and weak from lack of favorite machine, though those with 160 use. horse-power motors are not fast enough to suit, and yet the machines will hard- door animal, with feet and legs for servhigher prices distillers will obtain for ly stand up under a heavier motor. The ice; but you lie down all night and sit their product, already manufactured. In raids on London were accomplished with the opinion of some officials whiskey will Gotha machines, but these, be selling at \$15 a gallon within 12 recent that little is known about them months, affording distillers enormous in France, are already giving way to faster airplanes, especially to powerful for the loss of capital invested in plants. Rumpler biplanes which have tremendous speed and rising power. These matinue to operate on an approximate 60 chines, of which there are not fewer than 30 in the third battle flotilla, can make mercial alcohol. A tremendous growth great distances both because of their in the use of commercial alcohol is anticipowerful motors and because of their powerful motors and because of their of "tasty junk," much of which cannot huge gasoline tanks, two of which with be fully digested; so you develop autoa capacity of 380 liters are carried on intoxication. demand for a quantity of alcohol at least each machine.



I GOT on a WEST SIDE car today JUST BEHIND a woman WHOSE HAIR looked like THE INSIDE of a CHEAP MATTRESS. SHE CHANGED a dollar TO PAY her car fare AND IT made me sick TO REALIZE that she had **ENOUGH MONEY** left in HER PURSE to buy a

Yours for beautiful hair.

Entrance of America Into War Has Led Germany to Strengthen Its Aviation Branches.

Paris, Sept. 7.—(Correspondence of the Associated Press).—The entrance of America into the war and the probability that it soon would be lending the allies tremendous aid in the aerial de-Millions of Bushels of Grain partment of the struggle has led Ger many to reorganize and strengthen its own aviation branches materially, ac cording to the Temps. This reorganiza-tion does not date exclusively from the WHISKEY WILL CEASE break with the United States, but rather from the battle of the Somme, but it has been accelerated and intensified by the report that hundreds if not thousands of Stopping Whiskey Manufac- airplanes with the corresponding aviators to man them are soon to be supplied to the entente forces.

ating four principal divisions into which

1.-Army squadrillas or "army fliers" division," which are directly under the command of the army chief of aviation and the work of which consists mainly of expeditions far to the rear of the lines. They also are employed for bombardments, night flights, photographic work, and the airplanes employed are of the most varied type, according to the char-

which are attached to the staff headquarters of the various German armies and which are commanded by captains. approximates 146,000,008 gallons. The and making patrol flights.

Formerly there were more, but the others have been dismembered and ing, as the peanut butter is apt to betheir units attached to other arms of most needed.

World for August. with two machine guns and each carries bombs weighing from 20 to 100 pounds While perfecting their service in the interest and continues to be air, the Germans have also rapidly bet to draw the attention of all. tered their anti-aircraft measures and

Few men will be thrown out of work raiding balloons.

> "Don't you think her voice is im-"Perhaps, but not cured."-Life.



BOTTLE OF NEWBRO'S HERPICIDE.

Herpicide Mary

Could Not Eat or Sleep Made Well By PERUNA

Mr. William E. Denny, 1023 Park Catarrh

"I find great pleasure in writing you and thanking you for what Peruna has already done for me. I have been troubled with catarrh for years, and it had affected my head, nose, throat and stomach, that I could not eat nor sleep with any sat-Sleep

"I have just taken three bottles. can eat most anything and am greatly relieved of nervousness, so that when I lie down I can sleep without the least trouble. I recommend it to all those who are sufferers of that dreadful disease, catarrh."

Topics of the

n soups and sauces.

Home and

Water used in cooking rice and many

of the vegetables contains nutrients and

To Clean Rusty Steel-Blades of

rubbing with fine sandpaper. Rub

knives and scissors that have become

until every vestige of rust disappears.

tein as that contained in three eggs.

or wheat bread.

sive sandwich.

sandwiche

age American.

down all day.

ong disease.

crease.

more sugar.

drank 64

of infants.

Sandwiches for Fall Days.

iled eggs, salt well and mix with salad

Peanut Butter Sandwich-Blend pea-

How to Live Long.

It is the business of E. E. Rittenhouse,

He keeps an eve on you all the time

And here is his report about you a

You look smooth, pink and healthy.

You are a good liver. (He said are

You hurry. The medium age at death

Your eyes have been strained by in

Your teeth look good, but they need

You are seriously overstraining heart

You could detect and head off these

Under exertion you are short-winded

Your four hundred muscles are vir-

You are designed as an erect, out-

You never walk when you can ride.

The arches of your sfeet are gradual

ly falling, because the muscles provided

to hold them up have weakened from

Your ancestors lived on a farm; the

You feed your stomach with all sorts

With every pound of fat you gain

You eat 30 per cent more food than

You drink 19.8 gallons of liquor; he

You do this in spite of the repeated

warning of insurance companies that

oderate drinkers die 18 per cent faster

han total abstainers; and steady

You spend 367 per cent more for pat-

ent medicines and drugs than your fa-

ther did; and drink 54 per cent more

are cheered by the fact that the general death rate is declining. You fool your-

self with the notion that this means

As a matter of fact, the decrease in

the death rate is due to the better care

Not only is the adult death rate not

decreasing; it is alarmingly increasing.

Since 1900 the death rate from Bright's

disease has increased 15 per cent; from

diseases of the heart, 27 per cent.

These are the diseases of adult life

This is not my picture, remember.

is painted by Mr. Rittenhouse, whose business it is to figure how much you

ought to pay for life insurance, in view

of the fact that you will probably die before you are fifty years old.

Mr. Rittenhouse says there is hop

An annual medical examination, more

exercise outdoors; less food, more den-

the diseases of hurry and worry and

drinkers 86 per cent faster.

a green old age for you.

your grandfather did; and 374 per cent

your chances of a shortened life in

proportion of people living in cities has

ncreased 131 per cent in fifty years.

side work; hence the glasses.

Household.



Those who object to liquid medicines can procure Peruna Tablets.

tistry; no booze, more walking and less

Most of all-no hurry and no worry Simple rules—sensible—guaranteed to put you across the fifty mark with a good chance for sixty and maybe seven-

ty-five.
But Mr. Rittenhouse isn't very hope ful that you will adopt them. He has been watching you quite a long while— Sitting up in his office; figuring away; figuring out about when you will die. desirable flavoring materials valuable Bruce Barton. Dorothy Dexter.

"FIFTY-FIFTY BISCUITS"

rusty may be cleaned to look like new Half Corn Meal, Half Flour-Uncle Sam's Latest Wheat Saving Idea.

Washington, D. C., Sept. 8.—Have you tried "fifty-fifty biscuits"-Uncle Sam's The uses of skim milk are many. In latest idea for saving wheat flour in hot ooking it frequently adds tastiness as bread? You use two cups of corn meal, well as nutritive value to the food. The soy beans which can be home ground, substitution of skim milk for water in finely crushed peanuts, or rice flour to bread making adds about as much pro- two cups of white flour. Or you can use

three cups of water, adds as much pro-You can make "fifty-fifty" muffins with one and one-half cups of cooked and mashed sweet or Irish potato, or Sandwiches for Fall Days.

Pimento Cheese Sandwich—With one an equal amount of flour. Then there small cup of American or white cream are "fifty-fifty" recipes for wafers and seese blend two tablespoons of ground for corn meal cookies.

imento, a good bit of paprika and salt How to make all these "fifty-fifties" to flavor. This is especially good on rye as well as home methods for entire cornmeal gems and yeast breads and rolls Salad Sandwich-On slices of white made in part of finely crushed peanuts, bread spread cabbage salad, prepared of sweet or Irish potato, soy bean meal, finely chopped cabbage and ground pi- which can be made at home by grinding mentos mixed with mayonnaise. Sea- soy beans in a hand mill rice corn meal soy beans in a hand mill, rice, corn meal son well with salt, paprika and celery or cooked cereals, are described in detail salt. This is a very tasty and inexpen- in United States department of agriculture circular No. A 91, "Partial Substi-Egg Salad Sandwich—Rice or chop hard tutes for Wheat in Bread Making." Here dressing. Spread this on white bread fift biscuits as worked out by Hannah and sprinkle with black pepper. A bit of fresh tomato may be added if desired.

Stration work: is a sample recipe—the one for "fifty-

One egg will make two medium-sized "Fifty-Fifty Biscuits"-Two cups corn meal, ground soy beans or finely ground peanuts, rice flour, or other substitute, nut butter with peanut or olive oil until two cups white flour, four teaspoons bakof the right consistency to spread, adding powder, two teaspoons salt, four taing a little salt. If served at once, add blespoons shortening, liquid sufficient to a crisp leaf of head lettuce. These sand-wiches should be made just before servmix to proper consistency (one to one and one half cups). Sift together the flour, meal, salt and baking powder twice. Have the shortening as cold as possible part chopped almonds and two parts chopped or grated celery, add enough salad dressing to moisten and season with self-and control of the substitute of the Celery and Almond Sandwich-To one milk or water) forming a fairly soft with salt and cayenne pepper. Serve on dough which can be rolled on the board. white bread. This is very good with hot chocolate or with coffee-Woman's Turn onto a floured board; roll into a sheet not over one-half inch thick; cut linto rounds; place these in lightly floured biscuit tins (or shallow pans), and bake 10 to 12 minutes in a rather hot oven How to live so as to live well and If peanuts are used, the roasted and d nuts should be finely crushed with

> a rolling pin. In making the flour and peanut biscuits the flour and other dry ingredients mixed thoroughly with the crushed pea-

> > My War-Time Bit.

I had a little garden bed That once was father's lawn; I spaded it and raked it From dawn till dewy dawn.

Part grew and part did not. Some people said twas cutworms. While others said 'twas rot. I've gathered just two dozen beans (The others had the plague);

I planted bags and bags of seeds;

About my beets and spinach I am just a trifle vague. I may have hoed them up for weeds. (Dear knows I hoed a lot.)

I gathered the half pint of peas The darling birds forgot. I followed canning trains about, To learn to sterilize; I learned to blanch and dip and fill

I had my boiler all fixed up, And bought some Mason jars To can my surplus vegetables,

And save potatoes' eyes

Incense to angry Mars! I sometimes win a bit at golf; I promise it to Mars! Now I shall take up golf again And can-my Mason jars.

-K. G. S. in New York Evening Sun

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